

Construction Continues on John King Senior Community



Work continued at what will soon be the front entrance to the John King Senior Community on Raymond Avenue at Sawyer Street. When completed at the end of this year, the complex will include 90 one-bedroom units of low-income senior housing, a senior service center, a child care facility, and a manager's unit.

New Proposal Would Give California Sales Tax a Back-to-School Holiday

Many people are talking about a new tax proposal that offers the opportunity to improve the quality of life for a large segment of the population, while at the same time recovering nearly two-thirds of the money it costs.

Sounds too good to be true? It's not. The proposal exists but is currently in danger of being ignored in the General Assembly.

This proposal would create a back-to-school sales tax "holiday" on computers and related products, in addition to clothing and other school supplies.

The proposed holiday would last for

three days, to be held during the last weekend in August 2001. During the holiday, purchases of clothing items (up to \$200) and computer equipment (up to \$1,000) would be exempt from the state portion of the sales tax.

Currently, only 57 percent of California households have computers, and fewer than half of California households are linked to the Internet.

While a sales tax holiday is not the ultimate solution to bridging the "digital divide," it does help narrow the gap. The estimated cost to the state in lost revenue from a tax holiday for computers would be \$18 million. More than \$12 million of that would

65 Leland Ave. around 11 a.m. and struggled with the owner before striking him on the head with one of their weapons. The owner was later treated and released for head and arm injuries.

Police found the getaway car, a red Toyota, less than a mile away with substantial front right-side damage on a street adjacent to McLaren Park after the vehicle's driver had hit a pole. Inside the car they found ski masks and blood stains on its front seats.

Moments after the robbery, witnesses spotted the three gunmen running into McLaren Park. More than 40 police officers were called in to evacuate the park and search its 500 acres with dogs and all-terrain motorcycles. A surveillance helicopter was also used to try and spot the suspects from the air.

Although police abandoned the search around 4 p.m. that day, they were provided with detailed descriptions of the three assailants by several witnesses.

be made up in future purchases of related products.

The remaining \$6 million is only a tiny share of California's \$104 billion dollar budget, especially when viewed in the context of helping to bring more California families into the digital age.

NAPS

Two Grass Fires Burn Near Visitacion Valley

Hot weather and swift winds had local firefighters battling two separate blazes adjacent to Visitacion Valley on June 19.

More than 100 firefighters battled a stubborn wind-powered blaze which burned 60 acres of dry grass around noon at Crocker Amazon Park. The fire was under contained shortly after 2 p.m.

Just a few hours later near 3Com Park, 35 firefighters were extinguishing flaming dry grass and brush just before 5 p.m. at a Candlestick Point picnic area.

About five acres burned before the blaze was contained nearly an hour later.

Funding for Medical Insurance Internet Application Process

Governor Gray Davis announced June 12 from North East Medical Services (NEMS) main facility on Stockton Street that \$4.6 million would be allocated for statewide use of *Health-e-App*, an Internet application process used to enroll low-income children and expectant mothers into the Healthy Families Insurance Program. NEMS also operates a Visitacion Valley clinic at 82 Leland Ave.

Energy Alliance Launches New Effort to Support Power Plant Construction

SACRAMENTO - Focused on the long-term economic health of the state, the California Energy Alliance on June 13 announced a campaign to advocate for more efficient permitting and construction of new power plants in California.

The California Energy Alliance, a statewide coalition of labor, major employers and community goal

leaders, was formed to generate public awareness and support for Governor Gray Davis' goal to add 20,000 megawatts of capacity over the next two or three years through new power plants.

The California Energy Alliance is sponsored by the California Alliance for Jobs, a coalition of three contractors' associations and two

labor unions representing 1,700 California contractors and 50,000 construction employees.

"New generation capacity that stays here in California is vital to the state's economic well being," said Jim Earp, executive director of the California Alliance for Jobs. "Informed public support at the local level is critical to moving the proposed plants forward."

Downpayment Assistance Plan Recently Announced by HUD

WASHINGTON -- Nearly two million low-income families may soon have an opportunity to move into their own home thanks to a new downpayment assistance plan proposed by Housing and Urban Development Secretary Mel Martinez.

Martinez made the announcement during National Homeownership Week and a day after he and President Bush helped to construct a Habitat for Humanity home for a Hispanic family in Tampa.

The new downpayment assistance plan is part of HUD's Section 8 Housing Choice Voucher Program that assists 1.9 million low-income households to afford rental housing in the private market. The plan would permit local housing officials to provide families with up to one-year's worth of housing vouchers to be used toward the downpayment on a home.

"The downpayment is often the single largest obstacle to homeownership," said Martinez. "Today we're offering a step up to families who want to move beyond

a lifetime of renting and toward owning a stake in their own neighborhoods."

Current HUD regulations allow local housing agencies to use vouchers to defray a family's monthly mortgage expenses but do not provide downpayment assistance. Under today's proposed plan, eligible homebuyers would have the choice of a one-time downpayment grant or monthly mortgage assistance.

Minority homeownership continues to lag significantly behind the near-historic national average. While more than two-thirds of Americans own their own home, fewer than half of African-American and Hispanic families are homeowners. The announcement will help voucher-holders who may have sufficient income to meet monthly mortgage expenses but are struggling to accumulate the up-front costs associated with buying a home.

"For too many families, this American Dream is out of reach," said Martinez. "We are fully committed to making the dream a reality."

PG&E Improving Service Yard on Geneva Avenue

Soil and groundwater remediation work which recently commenced at PG&E's Martin Service Center at Geneva Avenue and Schwerin Street is expected to be completed by the end of July.

Approximately 1,000 cubic yards of soil containing low levels of carcinogenic polycyclic aromatic hydrocarbons are being spread, dried and graded onto the site with continuous dust control activities and dust monitoring.

An asphalt concrete roadway is being installed in the Brisbane Yard. Construction of the road requires placement of clean aggregate base material and asphaltic concrete. The remainder of the regraded site is being capped with a mixture of asphaltic material and fine gravel.

Electrical power is being connected to the interceptor trench control panel. The system will then be started-up and any sampling required by the sewer district will be conducted.

When the interceptor trench was originally constructed, some articulated concrete blocks were removed..

Additional clean soil is also being added to the berm around the sedimentation basin to insure than storm water doesn't flood the PG&E property.

Work at the site is being performed in accordance with a July 1998 Revised Remedial Action Plan (RAP) and a November 1998 Remedial Design and Implementation Plan (RDIP) which were reviewed and approved by the Department of Toxic Substances Control.

IRS to Begin Its Massive Mailing of Advance Payment Checks This Summer

WASHINGTON -- The Internal Revenue Service and the Treasury Department will begin sending out advance payments later this summer under a new tax law passed by Congress and signed by President Bush.

The Economic Growth and Tax Relief Reconciliation Act of 2001 directs the Treasury to send checks to most taxpayers this year, giving them an advance payment of a 2001 tax credit. The first checks will go out the week of July 23, and most of the mailing will be completed by the end of September.

Single taxpayers who paid federal income taxes for 2000 could receive up to \$300. Heads of households could get up to \$500, and married couples could receive up to \$600. Anyone who could have been claimed as a dependant on another person's 2000 tax return is not eligible for a check.

Taxpayers will learn by mid-July how much they will receive. The IRS will send taxpayers a letter describing the check amount and the week it will be sent. The agency will also send a letter of explanation for taxpayers not eligible for the advance payment.

"We want to make the process as simple as possible for taxpayers," said IRS Commissioner Charles O. Rossotti. "These letters should give people all the important details they need."

The IRS emphasized that taxpayers don't need to call, fill out special forms or do anything else to receive the check.

"All you need to do is open your mailbox. We'll take care of everything else," Rossotti said. "You don't need to do anything special to get a check."

Highlights of the check mailout include:

*The Internal Revenue Service will automatically process these advance payments after the taxpayers have filed their returns for Tax Year 2000. Taxpayers will not have to complete applications, file any extra forms or call the IRS to request their payments.

*The 2001 amount is a maximum of \$300 for a single taxpayer, \$500 for head of household and \$600 for a married couple filing a joint return.

*By mid-July, the IRS will send taxpayers a letter describing the amount of the advance payment check, the week it will be sent, and the possibility of an offset for an outstanding government debt. Recipients should keep the letter for reference when completing their 2001 returns. The IRS will also send a letter of explanation to taxpayers who are not eligible for the advance payment.

*Taxpayers who have moved since filing their last tax return should receive the IRS letter and the advance payment check if they have filed a change of address with the U.S. Postal Service.

*The advance payment may be reduced for taxpayers with an outstanding government debt, such as back taxes, or a student loan, or with certain past-due child support obligations. In such a case, the IRS will send the person an explanation of the offset. If the advance payment amount is larger than the debt, the taxpayer will get a check for the difference. If the full advance payment amount is applied to the debt, the taxpayer will not receive any check.

*Generally, the last two digits of the taxpayer's Social Security number will determine when the advance payments are mailed, so a person may get a check at a different time than a neighbor or even other family members. The schedule is: July 23 for 00-09; July 30 for 10-19; Aug. 6 for 20-29; Aug. 13 for 30-39; Aug. 20 for 40-49; Aug. 27 for 50-59; Sept. 3 for 60-69; Sept. 10 for 70-79; Sept. 17 for 80-89; and Sept. 24 for 90-99.

*For married taxpayers who filed a joint return, the first Social Security number on the return will determine the mailing date for the advance payment.

*Because the bank account information provided by the taxpayer when filing the tax return may no longer be applicable, the Treasury will not send the payments by direct deposit.

*Those who have not yet filed a tax return for 2000 will not get an advance payment check until the IRS processes that return. The sooner they file their returns, the sooner they will receive any advance payment due.

Grapevine Mailbox

Which Children Shall We Leave Behind?

Dear Readers:

After co-opting the Children's Defense Fund's slogan and trademark *Leave No Child Behind*, President Bush must be hoping no one will notice the hypocrisy evident in his proposed budget, now awaiting Congress' approval. Rather than supporting equal opportunities for all children, his proposed budget is nothing short of a wholesale attack on our youngest and poorest.

The issue is this: The Administration proposes to cut \$200 million from the Child Care Development and Block Grant and \$20 million from the Early Learning Fund — programs supporting vital early childhood education and care for low-income children — and put the money instead into after school programs. In addition, Bush is proposing a child care tax cut, which will increase the current child tax credit from \$500 per child to \$1,000. While this is good news for middle and upper income families, it will provide no help to the 16 million children living in moderate and lower income families — a quarter of all children under 17 — if it is not made fully refundable. Since the Administration has no plans to make it refundable, we are left wondering: just who is it these policies are benefitting?

The shift of \$200 million from child care for young children to after school care for older children when both programs are underfunded is senseless. While after school enrichment is terribly important to children's lives, why take away the very programs that help children get ready for school and enable them to absorb the richness of after school experiences? What happened to Leave No Child Behind?

But the issue is larger than child care vs. after school. It's really about pulling the rug out from under all of the families who have moved or are moving from welfare to work and depend on subsidized child care. Experts know that subsidized child care is, in fact, one of the lynchpins supporting this country's effort to raise families out of poverty, and few things more quickly derail a parent's move off of welfare than the loss of stable, affordable child care. So just when we need to *increase* child care subsidies so that *more* families can enter the workforce, Bush proposes to do the reverse. Given that 4.5 million of California's children and young adults already live in poverty, any backslide is an outrage we cannot let happen.

Unfortunately, the damage doesn't end there. Research has proven time and time again that *quality* child care programs can make all the difference in a child's educational and developmental success. And yet Bush's proposed cuts would destabilize the decade-long effort here in California to increase the quality of child care for low-income families. Painstaking work by child care advocates, parents, policy makers, business leaders and others have resulted in numerous initiatives to enhance quality through the retention and training of qualified child care professionals, resource and referral support for parents, the licensing and regulation of child care programs, innovative grants and loans for the improvement of child care facilities and other programs. All of these efforts are now threatened.

The effect of such cuts would be devastating to families across the Bay Area and California. Child care operators are already at risk of folding, as the government's subsidized reimbursement rates for the children now in care do not currently meet the

operating costs of running a center. Further cuts would pull many centers under. Parents would then be back in the position of stitching together unstable care for their children, paying over half of their paychecks for private child care, or stopping work altogether.

Now that California's investments in welfare-to-work and in the development of high quality, affordable and accessible child care are starting to bear fruit, we need *more* funds for child care, not less. San Francisco, more than most cities or counties in the nation, has pushed forward on this path with its own local resources and innovative initiatives. But no city or county in California can make up for the proposed loss of federal funds to our state budget, which would so drastically affect the funds available for our local programs.

So we ask: Can we really afford to shut out even more children from early learning opportunities? Can we really afford to throw even more poor working families into chaos? While the President may think so, we don't. Deborah Alvarez-Rodriguez, Director, Department of Children, Youth and Their Families

Increase in Electricity Price Just and Reasonable?

by Senator John Burton

In December 1999, the price of a megawatt hour of electricity in California hovered around \$30. In April 2001, the price for the same amount of electricity reached \$1,900.

To the Texas power generators, the Bush Administration and the Federal Energy Regulatory Commission, these prices are "just and reasonable." for the rest of us, something is out of whack. To understand better the price gouging currently being practiced by generators in California's electricity market, here are some prices that would result if other items were subject to the kind of price shock seen with electricity:

*A 50-count package of diapers, currently \$18.95, would cost \$1,200.

*A bottle of pain reliever or a pound of butter, both currently \$4, would cost \$250.

*A \$16 medium pizza would cost \$1,000.

*A movie ticket that now costs \$8 would be more than \$500.

*A Stetson "El Presidente" cowboy hat, highly-prized fashion accessory in the great state of Texas, now \$1,200, would cost \$76,000.

*Two lower box tickets to a regular season Texas Rangers game, now \$80, would cost more than \$5,000.

*A ticket to the recent fundraiser hosted by Vice President Dick Cheney at the Naval Observatory, his official residence, which donors were able to purchase for only \$100,000 to \$250,000, would have cost between \$6.3 million and \$15.8 million.

Clearly the spike in energy prices is outrageous, and far beyond the "just and reasonable" standard that the Federal Energy Regulatory Commission is required by the Federal Power Act to ensure. And unlike pizza, energy is a life or death commodity consumers can't do without.

Last month, on behalf of California consumers, I filed a lawsuit along with the Speaker of the Assembly to force the Federal Energy Regulatory Commission to set just and reasonable energy prices as required by law. We had asked for emergency relief, but were denied by a three-judge panel of the North Circuit Court of Appeals. Now we are pursuing the case before the full court.

One of the key points of our lawsuit is that price gouging has been a major factor leading to rolling blackouts and that these blackouts pose an imminent threat to the health and welfare of the people of California. From seniors to people with disabilities who are on respirators to children in daycare, the unconscionable actions of the price-gougers are not only greedy, but dangerous.

California has taken great steps to solve our power problems by establishing a public power authority to provide consumers with cost-based power, by speeding up the process to build new power plants and by financing conservation programs for residents and businesses.

It's clear now we also need help from the courts. We certainly can't expect any from the power pirates or from their apologists who think a \$1,000 pizza is reasonable.

Why It Literally Pays to Recycle at Work

by Maria T. Baur,

Public Outreach Coordinator,

S.F. Solid Waste Management Program

If you look around your workplace, do you see newspapers tossed in the wastepaper baskets? Is there used copy paper mixed with the apple cores and disposable coffee cups in the trash can? Or maybe your co-workers are diligent about making sure aluminum cans and soda bottles are put in the proper bin and that the paper goes to the recycler. If your business is making an effort to recycle, it could really pay off, as San Francisco gets ready to kick off its second annual Commercial recycler of the Year (CORY) Awards.

San Francisco businesses account for two-thirds of the city's garbage. With the state under the mandate to recycle 50 percent of its solid waste, getting more trash out of the waste stream is essential.

Chris Levaggi of Golden Gate Disposal and Recycling Company has helped a number of commercial building managers set up effective recycling programs. He says the bigger prizes in this year's CORY Awards could give building managers a nudge to reduce their trash even more. "Green is more than the color of the environment," Levaggi said recently. "Once the word gets out there's money attached, I think we'll have an avalanche of applications."

Peter Holtzclaw of the City's Solid Waste Management Program says he hopes the CORY Awards can help dispel the notion that recycling programs are hard to set up and provide little benefit to businesses. "Cash incentives can jump-start that process," Holtzclaw says. So this year, the Solid Waste Management Program has sweetened the pot with \$150,000 in total prizes and up to \$20,000 per winning entry.

The CORY Awards pay tribute to building owners and managers, hotels and restaurants and their janitorial teams and staff that have

done a remarkable job reducing waste at their sites. Awards will be given to new and innovative programs, and to office buildings, hotels and restaurants of all sizes. But organizers say the most important message is that it's as easy to recycle as it is to throw things away.

Last year, 100 Pine Street won Commercial Recycler of the Year honors with just such an idea in mind. Margot Crosman put together the building's winning strategy with a simple step — taking away the trash can liners.

"I told the tenants, you're only going to have to do one thing," Crosman said. "I'm going to take all the plastic liners under your desk, and anything you throw away is going to be recycled. The only thing you have to do is take your lunch, your wet trash, and put it in a centrally located container."

Crosman said the program was so easy for tenants, that they almost felt cheated. "One of the funniest things is that they don't get it — if it's not hard work, how can it be effective?" Crosman said.

Mabel Fong manages 1275 Market Street, home of the State Compensation Insurance Fund, and another previous CORY winner. Since beginning their recycling program in 1993, she says the building consistently diverts between 75 and 80 percent of its trash from the landfill. Fong says employees are enthused about the program.

"Recycling is a fact of life now," Fong said. "We are providing an extension from their recycling efforts at home. A lot of people feel pride — about doing more for the community." Fong says the building's recycling efforts go way beyond putting a soda can into a bin. "We recycle oddball objects such as old lamps, or light bulbs we don't use, which we donate to churches," Fong remarked. "Binders and scrap paper, we send them to local schools."

Donation is a key component of the Moscone Center's recycling program. Since it began in July 1998, Moscone Center has donated over 165 tons of goods to non-profits and has diverted 920 tons of trash from the Altamont landfill. Moscone Center's Kathleen Hennessey says in the past 12 months, donations account for 23 percent of their recycling.

"Our own food and beverage service donates extra food to local groups," Hennessey said. "Some shows will partner with a local non-profit and do volunteer collection from booth-to-booth to collect materials. Our international gift show always partners with non-profits, and has high-end gift items such as candles, pillows and lamps that get donated."

"It's programs like the Moscone Center's that show how far recycling has come," says Mark Rumpler, chair of the Building Owners and Managers Association of San Francisco (BOMA), a co-sponsor of the CORY Awards. "I think people want to recycle. I think tenants want to recycle, and there are very few businesses that can't," Rumpler said.

Rumpler urges businesses to think long-term about recycling — and the CORY Awards. "This is not a one-time thing. The City hopes to fund the awards for several years. Everyone can be a winner. It's better odds than the lottery!"

SLUG Composting Free Classes in July

For further information on the following free classes, contact SLUG's Education Department at (415) 285-7584

***Worm Composting** on July 7 from 10 a.m. to 12 noon. Learn to compost with worms to turn your spoils into soil at the Garden for the Environment, 7th Avenue at Lawton Street.

***Hot Composting in Bayview** on July 14 from 10 a.m. to 12 noon at the Third Street Community Garden (at LeConte) will focus on the benefits and methods for creating compost in a short amount of time.

THE CORY AWARDS

MAY NOT BE AS

GLAMOROUS OR AS

STAR-FILLED AS

HOLLYWOOD'S MOST

FAMOUS AWARDS BUT

FRANKLY, WE THINK

THEY SHOULD BE.



THE CORY
(Commercial
Recycler of the Year)
Awards honor hotels,
office buildings and
restaurants that recycle to
make San Francisco a better
place to live and work.

Show your appreciation by
frequenting businesses displaying
the CORY Awards logo. Look
for the CORY logo, and support
our commercial recyclers.

Call 415-554-3413 for more information.



Brought to you by the San Francisco
Solid Waste Management Program
(SWMP) and the Building Owners
and Managers Association (BOMA)
of San Francisco.



People • Service • Environment
GOLDEN GATE DISPOSAL & RECYCLING COMPANY



HOTEL COUNCIL OF SAN FRANCISCO

www.homasf.org

www.sfrcycles.org

GRAPEVINE VISITACION VALLEY

Published monthly by Visitacion Valley Community Center, 50 Raymond Ave., San Francisco, CA 94134
VVCC Executive Director: Julia A. Kavanagh
(415) 467-9300, Fax: 467-3757, Subscription: \$5
E-mail the Grapevine at: visvalley@earthlink.net
Internet Site: <http://home.earthlink.net/~visvalley>
Editor: Len Appiano; Billing: Florence Pewtherer
Visitacion Valley Grapevine, named by Pat Crocker, is a Registered California Trademark of VVCC
Opinions in the Grapevine are not necessarily those of VVCC. ©2001 VVCC All rights reserved

Lighter Meals the Latest Trend in Healthy Eating

by Theresa MacDonald

(NAPS) One of the most important things I have learned while living and traveling throughout Europe is the value of a light meal in the evening. We often think that the Europeans are healthy due to their intake of red wine and olive oil-but actually the secret to their lean figures may lie in eating a light, yet satisfying meal in the evening.

For instance, in Germany this is called Abendbrot, literally meaning "evening bread"-a long-standing German culinary tradition. It is usually served at around 6 p.m.-earlier than dinnertime in many other European countries and often consists of a variety of cold cuts and cheeses accompanied by a large selection of multigrain breads. These are typically arranged on a wooden tray, garnished with pickles, relishes and mustards. The mid-day meal in Germany is generally the hot and heavier meal of the day.

Even today, when I invite friends to my place for dinner, I no longer have to spend hours preparing complicated

Ten Years After the Storm

(NAPS) This year marks the 10-year anniversary of one of the American military's most decisive victories, Operations Desert Shield and Desert Storm.

Of the 696,628 American soldiers deployed to the region, 65,000 were members of the United States Army Reserve.

Reservists traded their business suits for camouflage, leaving their jobs and families to support the U.S. Army's mission in Kuwait.

The ground war itself lasted only 100 hours, but these citizen-soldiers were ready to lay the foundation that enabled the U.S. to drive Saddam Hussein's forces from Kuwait with minimal costs and casualties.

These men and women Reservists continue to be the key element that determines success for today's Army around the world.

"We have an average of 2,200 Army Reserve soldiers engaged daily around the world in support of the Army and the nation," said Brig. Gen. Michael Beasley, Deputy Commanding General of the Army Civil Affairs and Psychological Operations Command, Fort Bragg, NC. "From the creation of the Medical Reserve Corps in 1908, to World War I and II to U.N. peacekeeping efforts in Bosnia-Herzegovina and Kosovo, the Army Reserve has been instrumental in the success of all military operations."

The invasion of Kuwait by Iraq led to the largest call-up of Reservists since the Korean War. They were among the first personnel called to active duty, and were among the last to leave the desert.

From August 1990 to October 1991, these citizen-soldiers coordinated crucial troop and equipment transportation; provided water purification and distribution; conducted public affairs operations and law enforcement support throughout the Gulf region.

Other participating Army reserve units included chemical decontamination, transportation, military police, military history, public affairs, maintenance and engineering.

The Reserve's efforts ensured that all of the necessary systems and infrastructure were in place to enable the other forces to be ready to fight as quickly, as safely and as effectively as possible.

"The Gulf War was really a watershed event for the Reserve. Today, Reservists are no longer viewed as 'Weekend Warriors,' but as a vital part of the Army's starting line-up," Brig. Gen. Beasley said.

"The support they are able to provide-and the skill and acumen of our Reservists-continue to reinforce the reputation of the Reserve and solidify our role as the force that makes the Army succeed."

The Army Reserve of the 21st Century, with its core competency firmly planted in combat service support, continues to be a cornerstone of the nation's defense.

Whether they are called to fight fires in the United States or provide disaster relief to El Salvador, the citizen-soldiers of the U.S. Army Reserve play a significant, but quiet, role in maintaining our interests both at home and abroad.

Controversy in Low Carb Diets for Diabetics

dishes. To their delight, I offer a variety of robust breads, my favorite imported German cold cuts and sausages and German cheeses such as Allgauer Emmentaler and Tilsit, depending upon what I can find at my local gourmet shop or supermarket. My guests are invariably surprised at how fulfilling such a meal can be!

Especially for those of us concerned about gaining weight and eating healthy, incorporating the German Abendbrot tradition into our lifestyles is a nice alternative. Whereas having a salad may leave one feeling deprived or slightly hungry, Abendbrot leaves you satisfied-but without that heavy weighted-down feeling. As an accompaniment to this flavorful meal, I enjoy serving a wide selection of German beers or a crisp white German wine such as a Riesling or an Alsace. And I personally love to top off the meal with some wonderful cookies and candies from Germany.

Historically, German confections are considered family heirlooms with recipes passed on from generation to generation. So, whether you serve packaged chocolates, hand-made truffles, pralines, liquor-filled bonbons, marzipan or hard candies-your guests will leave with sweet memories!

If you would like further information on the foods from Germany or where they are available, log onto CMA's Web site: www.cmanorthamerica.org.

Ms. MacDonald is a widely-published travel writer and food editor

Getting Eggs-pert Advice on Egg Safety

(NAPS) Anyway you look at it including eggs in your diet makes eggs-tremely good food sense-if you follow a few safety pointers.

Eggs are a good source of protein and can be a healthy and economical contribution to a well-balanced diet.

To ensure egg safety, the U.S. Food and Drug Administration requires that as of September 4, 2001, all cartons of shell eggs not treated to destroy salmonella must carry instructions about how to prevent illness with proper handling:

Raw or undercooked eggs may be contaminated with salmonella bacteria. This disease can be especially harmful to children, the elderly, and people whose immune systems have been weakened by illness.

Proper handling starts at the store. Only buy eggs that are sold in a refrigerated case and keep eggs refrigerated until you are ready to cook them.

The FDA requires that all untreated shell eggs sold in a store must be stored and displayed at 45 F (7 C) or lower. Open the carton to be sure eggshells are not cracked and the eggs are clean.

When cooking with eggs, wash hands, utensils, equipment and work areas in hot, soapy water before and after they come in contact with eggs and egg-containing foods.

Controversy in Low Carb Diets for Diabetics

The American Diabetes Association, through its so-called health and wellness magazine, Diabetes Forecast, published a blanket attack on low carbohydrate diets. Such diets, when properly observed, have been shown in scientific studies to be the safest, most reliable means for improving blood sugar levels in diabetics, reducing the disease's debilitating complications, and considerably improving quality and length of life.

The article, published in the "Diabetes Advocate" section of the magazine and written by Shauna S. Roberts, makes the claim that "Low-carb diets restrict such a large number of foods that most people on them do consume fewer calories."

In response, Richard K. Bemstein, M.D., F.A.C.E., F.A.C.N., a well-known diabetologist and himself a 55-year veteran of the disease, said, "There is nothing at all wrong with restricting foods, as long as they're inappropriate foods. And there's nothing wrong with consuming fewer calories if weight loss is desired. That's the nature of diets. One problem is that none of the diet books the author mentions are, as far as I know, designed for diabetics. The issue for diabetics is blood sugar control, and a nutritious, low-carbohydrate diet offers the diabetic the best means for such control, reducing insulin needs (insulin is the major fat-building hormone), and preventing or

Be sure to cook eggs thoroughly. Cook eggs until both the yolk and white are firm.

"No sunny side up, no over easy. This is a case when it's better to be safe than sorry," said Joseph Levitt, Director of FDA's Center for Food Safety and Applied Nutrition.

Scrambled eggs should not be runny. Casseroles and other dishes containing eggs should be cooked to 160 F. Serve cooked eggs and egg-containing foods immediately after cooking.

Store eggs in their original carton and refrigerate as soon as possible after you buy them. Use raw eggs within three weeks.

Cooked eggs should not sit out for more than two hours. Refrigerate leftover cooked egg dishes up to 3-4 days.

When refrigerating a large amount of leftovers containing hot eggs, divide them into several shallow containers so it will cool quickly.

Eggs can be frozen for up to a year, but the whites and yolks should be beaten together before freezing.

The new handling instructions are part of an Egg Safety Action Plan, a farm-to-table approach for ensuring the safety of the nation's egg supply.

For more information on handling eggs and other food safety, call the FDA at 1-888-SAFEFOOD or visit the Web site at www.cfsan.fda.gov.

reducing the incidence of diabetic complications."

The article goes on to state that "These [low-carb] diets disturb the fluid balance of the body. People may then weigh less because they're dehydrated. Dr. Bemstein maintains that this claim reflects a misunderstanding of the metabolization of fats. Metabolizing fat releases carbon dioxide, ketones, and water. The water that is lost in this process is not tissue fluid, but merely a metabolite of fat. Far worse for the diabetic are high blood sugar levels, which lead to the cycle of frequent thirst and urination-well known warning signs of the disease. The loss of tissue fluids in this process can be very dangerous.

Ms. Roberts, the author, also states that "low-carb diets fly in the face of what research suggests is best for overall health. They are high in artery-clogging saturated fats, but restrict many nutrient-rich fruits and vegetables." Dr. Bemstein differs. I advocate diabetics eating a wide variety of vegetables, so

Loan Offers May Invite You to Borrow Trouble

(NAPS) Ever get a loan offer that seemed too good to be true? Chances are, it was. Too many people have become victims of abusive or "predatory" lenders that push loans that sound good, but in fact, include sky-high interest rates and hidden fees. The American Bankers Association wants consumers to know how to tell a "good" loan from a bad one. Otherwise, you could end up losing your good credit rating-even your house.

The ABA offers these tips:

* Watch out for slick TV ads, telemarketers or door-to-door salespeople who offer fast, easy loans for houses, cars and home repair. The same goes for lenders who say bad credit or no credit is "no problem."

* Make sure you compare the interest rates and the total costs and fees for your loan. High up-front fees and points can turn a loan with lower monthly payments into one that actually costs you more in the long run.

* Don't pay up-front fees or application expenses for a loan you may never receive.

* Know exactly what you're agreeing to

VISITACION VALLEY GRAPEVINE • JULY 2001 • 3

long as they aren't loaded with simple starches and sugars. Many fruits and vegetables can, however, cause serious spikes in blood sugars, necessitating the use of more insulin, thereby reducing the ability to control blood sugars, and building fat. As to 'artery-clogging saturated fats,' this reflects a misunderstanding of cholesterol, 85 percent of which is not dietary but manufactured by the body. You can maintain a very low fat diet and still have high cholesterol. The fact is, you can maintain a low-carb diet that is tasty and satisfying, that won't put your blood sugars out of control, and that will help you to lose weight. I've seen patients lose half their body weight and step back from death's door. For an organization like the ADA to issue such a blanket attack is simply irresponsible.

DiabetesInControl.com is an Internet newsletter founded by two pharmacists and diabetes educators, Stephen Freed and David Jaffe, who, after many years serving diabetics, discovered that they had information that would be of benefit to many other health care professionals

before signing anything and never let anyone rush you. Never be afraid to ask for explanations of any fees, terms and conditions you don't understand.

When in doubt, ask for guidance from someone you trust-a banker, a trusted adviser or an experienced family member or friend. Remember: You have the legal right to change your mind for any reason within three days of signing any loan contract where your home is being used as security.

For more information on how you can build and protect your credit, visit the ABA Education Foundation's Consumer Connection homepage at www.aba.com.

If you have been a victim of predatory lending, let others know. Call the office of consumer affairs or state attorney general's office. Also report your experience to the Federal Trade Commission, which monitors predatory lending scams and frauds nationally. Call toll-free 1-877-FTC-HELP (382-4357), write: Federal Trade Commission, CRC-240, Washington, D.C. 20580, or go to www.ftc.gov to file a complaint online.

ST. JAMES PRESBYTERIAN CHURCH

240 Leland Ave., San Francisco, CA 94134
The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.
Sunday Worship Service: 10:30 a.m.
Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehearsal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

Visitacion Valley Community Center Senior Program

Funded by the S.F. Commission on the Aging

Open 365 Days a Year
Lunch Served Every Day

Senior Bingo	Reno Trips
Holiday Celebrations	Sewing
Holiday Crafts	Blood Pressure
Senior Council	Ceramics
Day Outings	Birthday Parties
Overnight Excursions	Potlucks

66 Raymond Avenue 467-4499
Pat Crocker: Director

Visitacion Valley Dental Office Albert Kuan, D.D.S.

訪客牙醫 (東粵) 通曉粵語
關博士 龍鎮鈞

10 Percent Senior Discount

37 Leland Avenue
San Francisco, CA 94134

Monday thru Friday: 9 a.m. to 5 p.m.
Saturday: 9 a.m. to 1 p.m.

Phone 239-5500 for an appointment

Cantonese Spoken

Book Reviews

Letter Perfect

Can a police detective still do her job when her own sanity is in doubt? That's just one of the probing questions asked in the new mystery novel *Letter Perfect* (Writers Club Press, \$15.95), by N.H. Avenue.

Plagued by panic attacks, Det. Amanda Ross of the New York Police Department struggles to keep it together as she investigates the murder of Charles Taylor, a high-rolling financial advisor.

In this sharply written tale, Amanda's heart-and her commitment to "serve and protect"-are further tested when she finds herself falling in love...with one of the prime suspects in her case.

Is Your Car's Odometer

(NAPS) Ten billion dollars a year. According to the National Highway Traffic Safety Administration that's how much odometer fraud costs Americans each year. Many people don't realize this includes digital odometer fraud.

It was thought that the introduction of digital odometers would eliminate odometer tampering, but it is as easy, if not easier, to alter a digital odometer. Unscrupulous people can even use relatively inexpensive software and devices-available for sale legally via the Internet for recalibrating faulty odometers-to commit this fraud.

Here's what happens. An unsuspecting car buyer-who isn't aware that digital odometers can be altered, buys a vehicle with a digital odometer believing the mileage has to be accurate. The seller who rolled back the odometer makes an additional profit of approximately 10-cents per mile-for example, a 20,000 mile decrease in mileage can increase the selling price by \$2,000. Then, that unsuspecting buyer can end up passing on that expense-and committing odometer fraud unknowingly-when he or she sells the vehicle.

Unfortunately, tampered with digital odometers are even harder to detect than traditional mechanical odometers, so here are a few tips:

*Check the tires. If the odometer on

Movie Book a Hoot to Read

If you've ever wondered how people who love movies talk about the movies they love, you may want to pick up a copy of the delightfully droll, *The 247 Best Movie Scenes In Film History* (McFarland, \$20 paperback).

To make things easier, author Sanford Levine has arranged his book in sections that include best cigar scenes, whistling scenes, dentist scenes, haircut scenes, steam bath scenes, parking meter scenes and so on.

In one of Levine's best dentist scenes (in the film, 10) he remarks that dentist scene fans were disappointed with director Blake Edwards for changing the title of this movie about a man's yen for a dentist's daughter from 5 to 10. According to Levine, the

Telling You the Truth?

your car shows 20,000 or less it should have the original tires.

*Compare the mileage on the odometer with the mileage on the car's oil change record.

*Is the wear on the car's break pedal consistent with the miles displayed on the odometer?

Consumers can also take advantage of a service that tracks the history of used cars through the VIN number.

The VIN number is a 17-character identification number found on the dashboard and title of every car in the United States.

Since 1986, a company called Carfax has been offering reports on the history of individual automobiles.

In addition to a car's complete mileage history, these reports can reveal:

*Whether or not the car has been in an accident,

*If it has been subjected to flood damage,

*Whether or not the vehicle has been used commercially as a taxi or rental car.

The report also tracks the mileage of the car over time, so it can be easier to spot odometer rollbacks.

The company's data base has access to over 170 sources for information, including motor vehicle departments and auto auctions in the U.S. and Canada.

movie was originally called 5 because that was how many fillings Dudley Moore had to get in order to get Bo Derek's honeymoon address.

Reviews have ranged from "Ingenious"-American Cinematographer to "It's a hoot"-Clive Hirschhorn, *Sunday Express* to "Wildly quixotic"-*Films in Review*.

Compelling Story of Food

Everyone's appearance is important to them, but to teenage girls, it often goes beyond important to obsessive. *Insatiable: The Compelling Story of Four Teens, Food and Its Power* (Health Communications, \$12.95) by Eve Eliot introduces us to four unforgettable high-school girls whose shame, fear and confusion compels them to use food-or the refusal of it-in misguided attempts to feel safe and in control of their lives.

Insatiable tells the true-to-life stories of Samantha, the ice princess, who resists eating to demonstrate her worth to others; Hannah, the lost soul, who expresses her self-disgust by throwing up the food when she is alone; Jessica, the rebel who fools herself into believing that her own self-inflicted emaciation will connect her with her father who died from AIDS; and Phoebe, the dreamer, who only feels happiness is within reach when she's eating.

Pink Slip May be the Best Thing Happening to You?

Day after day you hear about layoffs. Although being fired can be traumatic and painful, it also allows us the unique opportunity to reevaluate how we want to spend our lives.

Author and creator of Life Design Inc., Martha Beck has helped hundreds of people find a new direction for their lives. In her latest book, *Finding Your Own North Star* (Crown Publishers, \$24.95), Beck helps readers to discover where their passions lie and guides them toward the careers that can leave them the most satisfied and inspired.

In *Finding Your Own North Star*, Beck uses dozens of practical exercises, case studies from her clients, and her highly unique (and funny) voice to

give readers the tools necessary to forever change their lives. Beck herself experienced a life change several years ago when she was told her unborn child had Down's syndrome, which she chronicled in her critically acclaimed book, *Expecting Adam*. After deciding to carry to term, Beck assumed it would ruin her teaching career at Harvard, where she was on tenure track. Once her new baby, Adam, was born, she left Harvard behind and traded in her

UN's Global Warming Report Highly Misleading

by Deborah Vondrak

(NAPS) Chances are you've never heard of John Christy.

That's somewhat amazing, because Christy, a director of the Earth System Science Center at the University of Alabama at Huntsville, is one of the world's most respected climatology experts and one of the authors of the latest report from the UN's Intergovernmental Panel on Climate Change.

That's the report that grabbed prime-time publicity earlier this year with its cataclysmic predictions of melting polar icecaps, malaria epidemics, midwestern droughts, submerged islands and flooded coast lines from Maine to Florida.

A UN platoon of doomsayers made the rounds of the nation's high-profile media. They issued dire warnings about the horrible consequences that global warming will wreak if the United States doesn't sign the Kyoto Protocol and agree to huge cutbacks in its energy use. Christy was conspicuously absent from the UN's propaganda blitz.

"There were 245 different results in that report, and this was the worst-case scenario," he notes. "It's the one that's not going to happen. It was the extreme case of all the different things that can make the world warm."

Christy, 49, says most long-range forecasts are misleading and, in many cases, downright wrong. Christy points out that today's most advanced computer models don't even portray current weather in an accurate manner. They get progressively more inaccurate when they try to project next week, next month, next year-let alone the next decade or the next century.

The weather tests Christy runs with polar-orbiting satellites for NASA are

tailored suits for beach shorts. As she adjusted to her new life, Beck learned to embrace change and the transformations that came with it-good and bad. She is now more successful and happier than she's ever been.

Beck will be the first to admit that going through a change cycle can be very challenging. But *Finding Your Own North Star* will ultimately lead many people to a life filled with purpose-where happiness is always the star that guides them. . NAPS

far more accurate than the ones the UN panel uses. So why is the United Nations investing so much effort and money to tout the totally unrealistic worst-case scenario? The answer is simply money.

The Kyoto Protocol calls for a vast transfer of wealth from the United States, Europe and Japan to emerging nations such as China and India as well as the poorer nations of Latin America and Africa. Americans, on average, would sacrifice thousands of dollars annually as the nation's economy slowed to a halt.

In mid-1997, the U.S. Senate took a look at Kyoto's numbers and voted 95 to 0 in favor of a resolution urging rejection of the treaty.

As a result, the Clinton Administration never sent the treaty to the Senate for ratification, but initiated a sweeping program to try and implement much of it by regulation and executive order.

Most of those "midnight regulations" have been scrapped by the Bush Administration. Hence the only chance for the UN to superimpose its voodoo science requirements on the U.S. is to mount a last-ditch effort to panic the American public.

A UN report last fall warned that global warming would send temperatures soaring more than six degrees by the end of this century. That report produced a public yawn, so now the same "scientists" have increased the prediction to more than 10 degrees.

If that doesn't produce the desired stampede, one wonders how far are they prepared to go? Twenty degrees, thirty, perhaps forty? Stay tuned. The earth may not be getting warmer, but the UN propaganda is just starting to heat up.

Deborah Vondrak is a writer based in Washington, D.C.



Cathy Kline Saunders

Lifetime Senior Marketing Consultant
Broker Associate

CAMERON-JONES
REALTORS,®INC.

For Any of Your
Real Estate Needs
Call Me
(415) 334-0800
Extension 229

2566 OCEAN AVENUE at 19th
SAN FRANCISCO, CA 94132

Rescuing Children Exposed to Violence Before It's Too Late

by California Attorney General Bill Lockyer

Recently a two-year-old girl named Rita, who lived with her mother and older sister, was left with her grandmother to babysit. That night, Rita's uncle broke into her grandmother's home to get money for drugs. He held Rita at knife point for an hour before police were able to talk him into dropping the knife. Police officers put the child in the back seat of the patrol car. The child's mother was not notified until later. The child sat in the car for two hours. When her mother finally arrived, Rita fainted. For three weeks the little girl was unable to say a word. She couldn't be without her mother for a moment. Then, some months later, the child picked up a knife and held it against her sister.

Another recent incident, again involving a young child, had a very different outcome. Law enforcement officers, responding to a call, entered the home and found a two-year-old child lying on top of her stabbed mother, sobbing. One of the officers took the girl upstairs where her brother was. The officer spent several minutes telling the children, in child's terms, step-by-step, what would happen — that an ambulance was coming, that their

mother would be taken to the hospital, that they would go with their aunt in another car to the hospital and that after the doctors had treated their mother, they could see her. The children calmed down. They were given reassurance and predictability.

Important new research makes a compelling case that whether and how we care for the young witnesses and victims of violent acts is likely to make a profound and lifelong difference to them. Because of the expert training of the officer who handled the second incident, the needs of the child were addressed.

California Safe from the Start is an important new statewide project, to highlight the revolution in science that has occurred just in the last several years on the impact of violence on the child's developing brain and subsequent behavior.

The Attorney General's Crime and Violence Center, along with our partners, hosted nine regional forums September through December 2000 to provide community leaders with the latest research on the effects of violence on early childhood development and its impact on the cycle of violence. The

forums were also designed to assist communities in developing community action plans to identify children exposed to violence and develop effective methods for assistance.

Research reveals that, if not addressed, children exposed to violence, especially repeatedly, can suffer from a persistent fear response. Dr. Bruce Perry, Chief of Psychiatry at Texas Children's Hospital, who has conducted extensive research on the impact of trauma on children's brains, told a Joint Legislative Hearing on Mar. 7 that constant stress changes the ability of the child to learn abstract thought and impacts their relationships with people. These children can suffer disproportionately from increased depression, anxiety, post traumatic stress, anger, alcohol and drug abuse and lower academic development.

Now is the time to stop the cycle of violence. For further information on how to become involved with community efforts to rescue children from the devastating impact of violence, contact my Crime and Violence Prevention Center at (916) 324-7863 or visit www.safefromthestart.org.

Today's Gasoline Prices and America's Great Love Affair with Cars

(NAPS) Americans love almost everything about cars. We love the way they look, drive, work and even that "new car smell." It's been that way for more than 100 years and statistics suggest it won't change for at least that many more.

Consider this: America has about 10 percent more cars than licensed drivers and those cars are getting a workout. In 1980, each driver averaged 9,700 miles per year. Twenty years later, that figure is over 13,000 miles.

There's only one area where Americans' love affair with cars goes off track and that's at the pumps. Many Americans are frustrated with the price of feeding their cars.

At the same time, we sometimes forget that U.S. consumers pay less for fuel than any other world citizens and that taxes-not oil company profits-make up a significant percentage of each gallon's cost.

Oil companies are constantly exploring new technologies to provide energy for the future while educating the public about the forces that determine the price and availability of our current energy supply.

In remarks to the House Commerce Committee, Red Cavaney, president of the American Petroleum Institute, said, "The intensive use of the latest, most advanced technology is making the century-old oil and gas industry an innovative, visionary and highly efficient new industry. Our industry has been producing, and intends to keep providing, both the fuels and feedstocks that make life simpler and safer, more comfortable and more convenient for American society."

Travel overseas and experience a new kind of sticker shock: Converted to American dollars and gallons, the average Brit paid \$4.25 for a gallon of

gas in 1999; the French paid \$3.79. Taxes are the primary reason: The U.S. government takes about 34 percent of the price of a gallon of gasoline, while England's government takes 82 percent and France's, 80 percent.

U.S. drivers use one out of every nine barrels of oil produced worldwide. Collectively, we're using almost four times as much gasoline per day as we did 50 years ago. We have more places to go and more roads to travel. We also have more leisure time, more efficient engines and, not to be overlooked, cleaner, more efficient gasolines.

So, despite other options, Americans continue their love affair with cars and with new fuels-related technology discovered daily, chances are it will remain that way long into the future.

To learn more about oil and gas pricing and supply issues, visit www.oil360.org.

Preserve One of the Best Traditions in USA — Jobs

by Robert E. Swift

(NAPS) With corporate America having to resort to downsizing, we should pay special attention to one particular headline to ensure it doesn't get crowded out among all the other layoff announcements: "Textile Apparel Continue to Lose Jobs," says Women's Wear Daily, a leading publication for the industry.

While the world watches with morbid fascination over the deeply injured technology sector, textiles, apparel and other manufactured goods are years into a form of recession that seems to go unnoticed. As hundreds of thousands of manufacturing jobs are siphoned off from the United States, the employment ranks of Third World countries swell.

A recent article in The New York Times noted that 11 states in America, on a statistical basis are already in recession. Places such as North Carolina, among those listed, have lost so many manufacturing positions to Mexico and elsewhere, that the very viability of some towns dependent upon the existence of a factory, is threatened.

Nineteen thousand textile and apparel workers were thrown out of their jobs in February, according to the Department of Labor. And 371,000 factory jobs overall were eliminated since mid-year in the sector.

Yet a close look at the performance of this industry raises questions about the reasons for all this layoff activity, especially if one were to go back to the beginning of the year, when the economy was floating along on the technology bubble. The current downturn, while certainly a factor these days, is not the main culprit in driving jobs from our shores.

Rather, it's government policy, which clears the way for Third World countries to invade our market, along with the willingness of certain companies to abandon the working standards of our nation in favor of cheap labor offerings abroad.

Enhanced profits are tempting, and many companies succumb. Our Federal government also makes it easier

for these companies to go abroad with their manufacturing needs through initiatives such as the North American Free Trade Agreement and the World Trade Organization. NAFTA breaks down all trade barriers for countries on this continent-most notably Mexico, which benefits the most from this measure by supplying cheap labor by the thousands who wind up replacing American jobholders.

And the WTO is about to let in China, thus granting this country a more favorable trading status with us and whose enormous workforce would then be an even greater factor than now in assuming manufacturing assignments previously carried out in the U.S.

This is a good time for the current Administration to take a reflective pause on new initiatives that follow the same path as NAFTA and similar measures, as well as a review of those in force. Caribbean nations, sub-Saharan African countries, Andean countries in South America, Vietnam, Thailand and many others are vying with us for our own jobs.

And today, in an economy that is slowing and is markedly influenced by consumer confidence, we must not infect that index negatively by surrendering some of our most valuable middle-income jobs for the sake of hoped-for diplomatic gains.

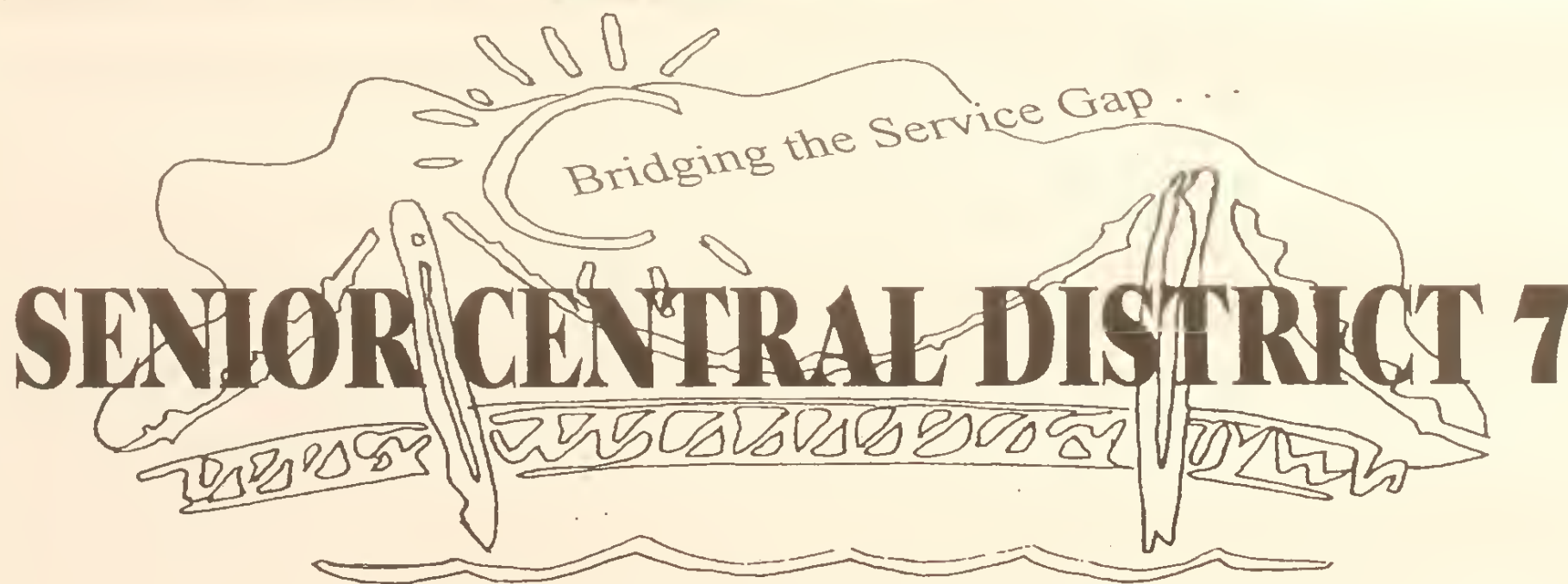
Until such time as the government sees this logic, we as individuals can act. The Made in U.S.A. label is our weapon to do so.

Standing behind every label are American workers whose jobs remain an integral part of our economy, whose jobs have not been shipped to Mexico or overseas.

They are instead contributing to our tax base and part of the manufacturing traditions of the United States. And this is a tradition worth preserving.

Look for it, because it stands for all of the U.S.

Robert E. Swift is executive director of the Crafted with Pride in U.S.A. Council, headquartered in New York City.



PORTOLA / VISITACION VALLEY / EXCELSIOR
66 RAYMOND AVENUE, SAN FRANCISCO, CA 94134
(415) 330-1789 (415) 330-8559 - FAX

If you know or need any assistance of the following services: Housing, Transportation, Translation and Form Aid, Food/Nutrition, Mental Health, Elderly Abuse, Disabilities, Legal Aid, In-Home Support Service, Health Services, Hearing, Financial Assistance, Home-Delivered Meals, and Social Services, please call us so we can help you.

The 2001 Homeowner and Renter Assistance Program will be starting shortly.
 The filing season is from July 2 through October 15, 2001.

The Homeowner and Renter Assistance (HRA) Volunteer Program provides free, easily accessible assistance to individuals (claimants) who need help in preparing their homeowner assistance, renter assistance or property tax postponement claim forms. Claimants must be a United States citizen or designated alien and 62 or older, blind or disabled and have a total household income of \$35,251 or less.

Senior Central District #7 is a Volunteer Site. For more information please call (415) 330-1789.
 We are located at 50 Raymond Ave between Bayshore Boulevard and Alpha Street.

Grapevine Puzzler Sonoma County Towns

K R A P T R E N O H R E K E E M S R E D
E L N R F V V A L L E Y F O R D P O L L E
N A N E O I R E T N O M E G D I R D L E
W T A S R L S F R E E S T O N E I I I I
O N P T E L A E V T L S T E H L N N V F
O E O O S A N L G Y A O E L E L G O E M
D D L N T G T L C D D R R L A I S I K O
P I I G V R A I V B R T S I L V O R A O
M C S L I A R V B W E R H V D R N A L L
A C V E L N O L G H V O O E S E O C C B
C O G N L D S L R C O F T N B S M B A O
Q W E E E E A E U N L W C R U Y A Y L D
O E C L D F G H B A C I A E R E B S I E
R L K L U C J C E R M N G U G G E W E G
E V C E N G V S N A I D B G R A T O N A
D E O N C W E G I E L S S T E W A R T S
A R R A A A I C V S L O P O T S A B E S
Z A O U N T N I O P S R A M U L A T E P
A N W G S E V O R G N N E P N O T L U F
C O T A T I R E N N E J T O H S E Y O B

Agua Caliente	Cloverdale	Glen Ellen	Rhonert Park
Annapolis	Cotati	Graton	Santa Rosa
Asti	Duncans Mills	Guerneville	Schellville
Bloomfield	El Verano	Healdsburg	Sea Ranch
Bodega	Eldridge	Jenner	Sebastopol
Bodega Bay	Fetters Hot Springs	Kenwood	Sonoma
Boyes Hot Springs	Forestville	Lakeville	Stewarts Point
Camp Meeker	Fort Ross	Monte Rio	Two Rock
Cazadero	Freestone	Occidental	Valley Ford
	Fulton	Penngrove	Villa Grande
	Geyserville	Petaluma	Vineburg
		Preston	Windsor
		Rio Nido	

Historic Proportions

Match clues to answers.
1999
1. Group was awarded Nobel Peace Prize on Oct. 15.
2. Six month strike came to an end Jan. 6.
3. Canada created a territory on Apr. 1 for them.
4. Resigned on Dec. 31 as president of Russia.
5. Horror at a high school on Apr. 20 as teen gunmen go on rampage.
6. Super Bowl champions on Jan. 31.
7. Plains states hit by 76 of these on May 3.
8. Plane crash July 16 kills celebrity pilot.
9. They became NBA champions on June 25.
10. More than 16,000 dies in earthquake here on Aug. 17.
11. World Series champs on Oct. 27.
12. Rebellious Yugoslavian province bombed on Mar. 24.
13. Both India and Pakistan were fighting over this on May 26.
14. A 50th anniversary in April for world organization.
15. Winners of the NCAA basketball title on Mar. 29.
16. Another solar system discovered here by astronomers on Apr. 15.

Five Years Ago In the Grapevine

JULY 1996
*Valley residents celebrated the opening of a Beacon Center on June 10 at Visitacion Valley Middle School.
*St. Luke's Hospital announced it would soon be opening a Leland Avenue clinic.
*Catholic Charities announced it would be opening a licensed care facility at the former Maxicare site on Leland Avenue.
*Two guest speakers were part of festivities June 14 at a graduation ceremony for Visitacion Valley Elementary School.
*Ming Saelee of Visitacion Valley was named student body president at Thurgood Marshall High School.
*Camp Fire Boys and Girls was awarded a \$25,000 grant from San Francisco Foundation for its City Kids program at The Village.

Sump, the Grump



Waking Up to Anti-Snoring Claims

A heads up for the estimated 40 million Americans who snore: The Federal Trade has settled charges against the manufacturer and promoter of an anti-snoring product that claimed to treat the symptoms of sleep apnea, a serious, potentially life-threatening condition that causes brief interruptions of breathing during sleep. Sleep apnea affects at least 12 million Americans of all ages, though it is more common in men, according to the American Sleep Apnea Association.

The FTC charged the manufacturer and promoter of Snorenz, an anti-snoring mouth spray, with making unsubstantiated claims that the product could reduce loud snoring, daytime sleepiness and other symptoms of sleep apnea. Snorenz was advertised as a dietary supplement containing oils, water and vitamins B6, C and E that supposedly helped lubricate the back of the mouth to reduce the noise of snoring. But according to the FTC, the two companies had insufficient evidence to back up their claims.

As part of the settlement, the companies agreed to add two disclaimers to future promotions of the product. These disclaimers will: encourage buyers of the product to see a doctor or sleep specialist to determine whether they have sleep apnea; and list common symptoms of sleep apnea.

The FTC hopes promoters of other anti-snoring products will follow suit.

"If consumers are buying these products because they are snoring to beat the band, then they need to see a doctor or sleep specialist because they could have sleep apnea," says Lemuel Dowdy, an attorney in the FTC's division of enforcement. "But some of these marketers aren't telling consumers that. And they need to, because untreated sleep apnea can be a serious disorder."

A Slew of Snoring Solutions

Snoring is nothing new, and neither are products designed to curb it. The U.S. Patent and Trademark Office lists more than 300 anti-snoring devices, according to Dr. Derek Lipman, author of the 1996 book Snoring from A to ZZZZ. Proven Cures for the Night's Worst Nuisance. The devices try to do one or more of four things: keep the snorer off his back; for example, by attaching a tennis or golf ball to the snorer's back; keep the mouth closed and prevent the tongue from falling backward; keep the neck lengthened; and startle the snorer awake with a shock or other stimulus.

More recently, anti-snoring products have been sold as dietary supplements.

With the growing recognition of sleep apnea as a serious medical condition, the FTC is taking a closer look at claims made about anti-snoring products.

Sleep Apnea

Sleep apnea was first recognized as a medical condition in 1965. Since then, sleep disorder specialists have learned just how harmful it can be when left untreated.

According to the National Heart, Lung, and Blood Institute of the National Institutes of Health, people with untreated sleep apnea may experience sleepiness, memory and judgment problems irritability, difficulty concentrating and personality changes. They are more likely to fall asleep at inappropriate times and have a higher rate of car crashes and work-related accidents. Sleep apnea also may affect the cardiovascular system, causing high blood pressure, irregular heartbeats, heart attacks and stroke.

The most apparent symptoms are loud snoring and gasping or choking episodes during sleep.

Most cases of sleep apnea occur because of a closure in the upper airway that restricts air flow. The closure usually results when soft tissue in the rear of the throat collapses and closes during sleep. Possible reasons for the collapse include taking alcohol or sedatives before sleep, enlarged tonsils and adenoids, or other physical abnormalities.

Another type, though less common, is central sleep apnea, in which the airway is not blocked the brain fails to signal the body to breathe. Some people have both obstructive and central sleep apnea.

Whatever the cause, the problem is

the same: People with untreated sleep apnea stop breathing repeatedly while sleeping — sometimes hundreds of times a night and often for a minute or longer, according to the American Sleep Apnea Association. To regain their breath, they gasp or choke, each time awakening slightly from their sleep. With this pattern continuing throughout the night, they never have a chance to fall into the critical deep sleep phase. As a result, they may experience abnormal daytime sleepiness, headaches, impotence, feelings of depression, and the other symptoms of sleep apnea.

Sleep apnea can be diagnosed only by medical evaluation. The standard sleep study requires an overnight stay in a sleep laboratory, where breathing, heart rates, body position and limb movements can be evaluated by an expert in sleep disorders. Though usually not as thorough, other diagnostic tests can be used in the home.

For people with mild sleep apnea, treatment may consist of lifestyle changes, such as losing weight, avoiding alcohol before bedtime and sleeping in a side position instead of on the back.

For more serious cases, treatment options are:

*Continuous positive airway pressure. This is the most effective non-surgical treatment for sleep apnea. It requires people to wear a mask over their nose and sometimes their mouth, too. The mask is connected to a unit that blows air into the nasal passages, ensuring that the airway remains open during sleep. The device is available only through a doctor's prescription.

*Oral or dental appliances. Though not effective in all people, they may be an option, especially for those with mild to moderate sleep apnea. Patients should be fitted by an experienced dentist or orthodontist.

*Surgery. Surgical procedures may include cutting tissue in the back of the throat to widen the airway, removing the tonsils and adenoids and, as a final resort, performing a tracheotomy to create an opening in the throat to allow air to flow to the lungs unobstructed.

Currently there are no approved medicines for treating sleep apnea.

Under-Diagnosed Disorder

Despite all that is known about sleep apnea today, many cases go undiagnosed, according to the American Sleep Apnea Association. The reason: lack of awareness by the public and healthcare professionals.

Misleading advertisements of anti-snoring devices don't help, either. That's one reason the FTC is monitoring promotions for anti-snoring products to make sure that they advise consumers about sleep apnea and the need to consult a doctor or sleep specialist if they have symptoms of sleep apnea.

The bottom line, says the FTC's Dowdy, "If you or someone in your household feels you need something for your snoring, you need to talk to a doctor."

For more information on sleep apnea, visit the American Sleep Apnea Association website, www.sleepapnea.org, or contact the organization at 1424 K St., N.W., Suite 302, Washington, DC 20005; 1-202-293-3650.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee (except where noted). Call 554-9600 for further information.

*July 7: Learn all about owls though owl pellets.

*July 14: Have fun with bubbles.

*July 21: Make your own nature scene rubbings and watercolor them.

*July 28: Build wacky recycled sculptures with wire and foam.

Other regular Saturday activities include:

*Golden Gate Model Railroad Exhibit from 11 a.m. to 4 p.m.

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

As a Matter of Fact

*Pointillism, a painting method developed by Georges Seurat, uses dabs of color that are intended to mix in the eyes of the viewer rather than on the canvas.

*Puppies don't hear until they are about 20 days old.

*Many residents of Brittany, the northwest section of France, speak Breton, which is related to Welsh, in addition to French.

*The first patent awarded by the United States government went to Samuel Hopkins in 1790 for a process of making potash and pearl ashes.

*The longest sand castle ever built measured 6.2 miles long.

*During the Middle Ages, bath houses in England were called stews and bathing was referred to as stewing.

*The first coast-to-coast paved road was the Lincoln Highway. It opened on Sept. 10, 1913.

*According to Greek mythology, Thalia is the goddess of abundance.

*The Polaroid camera was invented by Edwin Land in 1948.

*The youngest person ever to become president was Theodore Roosevelt. He was 42 years old.

*It was once customary to bake a cake with a bean in it on Jan. 6. Whoever got the slice with the bean was believed to have good luck all the rest of the year.

*James A. Garfield, the 20th president of the United States, was the last one to be born in a log cabin.

*The first U.S. president to speak on television was Franklin Delano Roosevelt.

*During his entire 47 years in office, Herbert Hoover turned over each of his Federal salary checks to charity. He had become independently wealthy before entering politics.

*The first orchestra in America was founded in Boston in 1810.

*George Washington's annual salary as president was \$25,000.

*Sugar is an ingredient in most commercially packaged salt to ensure optimum flavor.

*The first test tube baby was born in the United Kingdom in 1978.

*Blood typing was first achieved in 1900 when Austrian physician Karl Landsteiner discovered there are at least three different types of blood (A, B and O).

*The hot days of August were called Dog Days by the Romans because in early August Sirius, the Dog Star, ascended in the heavens.

*The name Ichabod comes from the words for *there is no glory*.

Taking Time to Save Time

(NAPS) Any time of year can be the right time to get organized. For many people, getting organized is the first step to having more of what they want out of life.

Here are a few tips on time management and organizing your life from a member of the National Association of Professional Organizers.

*Assess how you currently use your time. Keep a log of how you use your time. This will help you to determine what activities are necessary and which ones do not contribute to reaching your goals.

*Eliminate activities that are "time wasters" and focus your energies on activities that will help you reach your goals.

*It takes time to make time. Take a few minutes to plan your day. This can be done either the evening before or early in the morning in a quiet space.

*Learn to be flexible. Keep in mind you cannot control everything. If the day gets off track, remember there's a fresh start tomorrow.

*Get the most out of your waiting time. For example, use the time spent commuting to work to listen to an audio cassette or reading a book.

Valerie Nossal, a time-management and organizing expert with AT-A-GLANCE, suggests creating a folder of newspaper and magazine articles and taking the folder with you when you travel. Said Nossal, "That way you can turn your waiting time into reading time while in airports or waiting for an appointment."

*Follow the golden rule when it comes to time. Be considerate of others when it comes to their time. Start by sending e-mail only to those who really need to see it. Before you call a meeting, ask yourself if it's really necessary.

*Make a list of your professional and personal goals. Keep this list in front of you.

*Families and work teams need a central calendar or daily planner where upcoming events and schedules can be listed.

Visitacion Valley Police Log

*May 13: 2:30 a.m., Sunnydale Ave. and Hahn St., robbery, bodily force.
*May 13: 9 p.m., 000 block of Blythedale Ave., grand theft from locked auto.
*May 14: 9:20 a.m., 900 block of Rutland St., aggravated assault with knife.
*May 14: 4:30 p.m. Santos St. and Brookdale Ave., robbery, bodily force.
*May 14: 8:15 p.m., San Bruno Ave. near Harkness Ave., robbery, bodily force.
*May 14: 10:05 p.m., Velasco Ave. and Rio Verde St., attempted robbery with knife.
*May 16: 5:50 p.m., Geneva Ave. and Santos St., robbery, armed with dangerous weapon.
*May 18: 11 p.m., 2400 block of Bayshore Blvd., grand theft from locked auto.
*May 21: 8:30 p.m., 1600 block of Sunnydale Ave., burglary of apartment house, unlawful entry.

President Bush Gives Us All Some Good News

by Shawn Steel, Chairman, California Republican Party

We haven't had much good economic news in California recently, which is why it was particularly gratifying to watch President George W. Bush take pen in hand and affix his signature to a \$1.35 trillion dollar tax cut.

Only 125 days into office and the President has pushed through a bipartisan tax cut that slashes taxes across the board for every single tax paying American. That kind of all-inclusive tax cut hasn't taken place since Ronald Reagan provided similar relief to the taxpayers.

President Bush told us during the campaign that he was going to lower our taxes, and now he has. He also told us he was going to change the tone in Washington, and he is doing that as well. The president signed this tax cut flanked by both Republicans and Democrats providing a model for bipartisan government that is void of mean spirited politics.

The President honed his approach to open honest bipartisan politics as the successful governor of a large state, Texas. He demonstrated that an effective chief executive could extend a hand across the aisle and forge solutions for the good of the citizens.

The President gave credit for this tax relief bill to both Republicans and Democrats. How refreshing to have a President who isn't worried about

*May 21: 10:30 a.m., Sunnydale Ave. and Peabody St., robbery, bodily force.
*May 21: 6 p.m., 000 block of Peabody St., aggravated assault with bodily force.
*May 21: 9 p.m., 400 block of Harkness Ave., grand theft auto strip.
*May 22: 3:15 p.m., 400 block of Raymond Ave., robbery on street, strong-arm.
*May 23: 6:30 p.m., 200 block of Raymond Ave., grand theft auto strip.
*May 24: 2:50 a.m., 1300 block of Goettingen St., grand theft from locked auto.
*May 24: 11:30 a.m. 000 block of Ankeny St., burglary of residence, attempted forcible entry.
*May 25: 12:53 a.m., 1600 block of Sunnydale Ave., burglary of apartment house, forcible entry.
*May 25: 5:10 p.m., Leland Ave. and Cora St., robbery, bodily force.
*May 26: 8:30 p.m., Kellogg Ave. and Schwerin St., robbery on the street, strong-arm.

who gets the credit, but is more interested in real results.

Our governor, Gray Davis, could take a few lessons from President Bush.

Davis' response to our state's energy crisis as been to try to assign blame instead of implementing solutions. Instead of marshalling the resources of his office toward solving the energy supply shortage by using his emergency powers to expedite the construction of power plants; Davis is using taxpayer dollars to hire the "spin doctors" who handled the Whitewater and Lewinsky

scandals in the Clinton White House. This commitment to place politics above governing threatens California's future.

The great irony for Davis is that as he points his blaming finger at others an examination of the facts turns the wagging finger back at the Governor himself.

Last month, Davis appeared on ABC's "This Week" and claimed that the state's utilities could have secured long-term power contracts last year at low prices, but they refused to do so.

Davis is either misleading the public or he does not grasp reality.

The reality is, both of the major utilities had asked the Public Utilities Commission for the ability to secure long-term contracts and avert the current crisis. The chairwoman of the PUC, a former Clinton White House lawyer assigned to scandal control and appointed by Davis, blocked such contracts. Furthermore, Davis could have exercised his authority to allow those contracts and he refused to do so.

If Gray Davis had shown even the smallest amount of decisive leadership last year, we likely wouldn't be facing a summer of blackouts and state budget deficits.

Now, the man who created this mess is obsessed with blaming President Bush. Shameful.

Meanwhile, as gasoline prices skyrocket, Davis has proposed a state budget that raises the sales tax on goods, including fuel, by a quarter cent.

Davis is turning into the worst kind of politician. He's obsessed with his own political fortunes. He's afraid to make decisions that aren't guided by pollsters. The net results have been an electrical crisis, escalating electricity rates and now higher taxes.

George Bush's tax rebate will arrive just in time for Californians to pay for the higher costs of living that Gray Davis is imposing upon us. The Bush dividend will unfortunately have to be a down payment on for your Davis tax!

Why Does Your Heart Needs Certain Fats?

by Ronald Lawrence, M.D., Ph.D.

(NAPS) One of the main dietary trends in American society today is to avoid the consumption of fat. Too much fat clogs our arteries and makes us, well, too fat, right? Now there's a growing body of scientific evidence suggesting that a certain type of fat may actually be beneficial for the heart. It's called Omega-3 and it's an essential fatty acid (EFA) that's found in fish and certain plant oils.

Several years ago, epidemiological studies were performed on Eskimos, who consume a diet rich in Omega-3 fatty acids. Their superior blood lipid profiles were hypothesized to be the result of Omega-3 fatty acid consumption.

The reality is that a balance of certain types of fat in the diet is essential for the proper functioning of the body, namely the control of blood pressure, blood clotting and inflammation.

Diets that are deficient in essential fatty acids have been linked to a variety of ailments, particularly coronary heart disease.

In fact, new research has led the Federal Drug Administration to recently rule it will allow supplement manufacturers to promote evidence that "suggests" Omega-3 essential

fatty acids may reduce the risk of coronary heart disease. However, all supplements are not created equal.

Conventional supplements such as fish oil and flaxseed oil are good sources of Omega-3's, but a lot of their valuable essential fatty acids are destroyed by the harsh environment in the stomach before they can be absorbed. Conventional supplements are also very unstable. They must be refrigerated or they can become rancid, leading to stomach upset-the biggest reason consumers stop taking EFA supplements.

So, besides eating more fish, how do we make sure we get our Omega-3's? One way is to use supplements that do a better job of delivering essential fatty acids to the system. For instance, a new product called Entrox features a patented enteric coating that protects the Omega-3's from being destroyed in the stomach so more are available for absorption by the body. The coating also prevents the product from becoming rancid and causing stomach upset.

Entrox contains perilla seed oil, one of nature's richest sources of Omega-3 fatty acids. Gram for gram, perilla oil contains more Omega-3 than commonly used flaxseed oil.

The good news is that all fats are not bad, and now there are even bet-

ter ways of ensuring that you get the good fats-the Omega-3 essential fatty acids. For more information, or to receive a free copy of the booklet "It's All About Good Fat," call 1-866-4ENTROX.

Dr. Ronald Lawrence has spent more than 40 years as a practicing physician, and is also a lecturer and author. He is executive director of the Council on Natural Nutrition and has spent much of his career in the study of nutrition and natural remedies.

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture, writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE, DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work—Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacion Valley Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

LOCAL MUSICIANS AND PERFORMERS wanted to perform during Visitacion Valley Neighborhood Day on Sept. 22. For more information please call Anna at 749-3700 x3006.

GRAPEVINE DISPLAY ADVERTISING now half off regular rates for a limited time. Full Page: \$75, 1/2 Page \$40, 1/4 Page \$22.50; 1/8 Page \$12.50; 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Genes May Substitute for Animals in Tests

(NAPS) At the National Institute of Environmental Health Sciences, scientists are trying to develop a way to use cloned human genes in chemical testing-instead of the millions of rats and mice now used.

Currently, specially raised rodents are used to test environmental and industrial chemicals, food additives and cosmetics. They are the best predictors now available, scientists say.

They have helped Americans live longer and healthier, and protected children from chemical bums. But the National Institute of Environmental Health Sciences is working to reduce

the need for animals in such tests.

One ingenious method that promises to do so uses clusters of cloned human genes.

NIEHS, through its new National Center for Toxicogenomics, is determining how clusters of these cloned (artificially reproduced) genes may respond to various known poisons.

When the NIEHS center has a "library" of which genes are turned on or off by known poisons, it will begin looking at other chemicals to see if they produce similar patterns of genetic response. If so, the chemical will then be evaluated as a prime suspect for producing the same disease.

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300

AQUARIUMS
ASIAN OISCUS AQUARIUM, 130 Leland Ave., 333-0772
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
TW AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
DeMAIS'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709
BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPER
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5960
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGEVIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
CLOTHING
SPONA (designer fashions), 9 Leland Ave., 239-9631

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwerin St., 587-7895
TUNTEX U.S.A. 150 Executive Park Blvd., 468-6676
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wide St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580
7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEOOY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520
HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave. 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
ROBERT LEHMAN, CLTC, CMFC, 333-0850
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELANO AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
LODGING
THRIFT LODGE, 2011 Bayshore Blvd., 467-8311
MANUFACTURER
NATION WIDE PAPER, 345 Schwerin St., 586-9160

MEDICAL
AMERICAN REO CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwenn St., Appointments: 715-0310 OR: SAM HO, MD, 9 Sillman St. No. 4, 337-6135
NORTHEAST MEDICAL SERVICES, LELANO AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE & REALTY 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELANO HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION U.S.P.O., 68 Leland Ave., (800) 275-8777
REAL ESTATE
CAMERON JONES, INC. (Cathy Kline-Saunders), 334-0800
HENRY SCHINOEL, 239-5850
RESTAURANTS
CLIFF'S BARBECUE, 2177 Bayshore Blvd. 330-0736
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT, 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE, 343 Schwenn St., 239-5045
VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING (MABEL SST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VJ.E.T), 333 Schwenn St., 239-2866
SHOE REPAIR
ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216
SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700
TAVERN
THE CLUB HOUSE, 25 Blanken Ave
VIDEO
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

July 2001

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

San Francisco City Meetings
Aging 1st Wed 9:30a; Airport 1st 3rd Tu 3p; Arts 1st Mon 3p; Education 2nd 4th Tu 7p; Health 1st 3rd Tu 3p; Housing Auth. 2nd 4th Th 4p; Human Rights 1st 3rd Th 4:30p; Library 1st Tu 5:30p; Planning Th 1:30p; Police Wed 5:30p; Port 1st Tu 3rd Wed 4:30p; Public Utilities 2nd 4th Tu 2p; Rec & Park 3rd Th 2p; Social Services 4th Th 9a; Status Women 4th Th 4p; Supervisors Mon 2p
Visitacion Valley Community Center
Mondays: Senior Shopping 11:30 a.m.; Tuesdays: Senior Ceramics 9:30 a.m.-4 p.m.; Senior Bingo 12:30 p.m.; Thursdays: Sewing Class 9 a.m.-3 p.m. USDA Food Distribution Day is last Thursday of every month.

San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL	564-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous) 1-800-2GIVEINFO	
DOMESTIC/FAMILY VIOLENCE	864-4722
DPW ... (days) 695-2017; (nights/weekends) 895-2020	
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	553-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	553-1603
INGLESIDE STATION (Anonymous 333-3433)	563-1803
LELANO AVENUE RESOURCE CENTER	585-2675
MAYOR'S OFFICE	554-7111
MAYOR'S NEIGHBORHOOD SERVICES	564-6110
NARCOTICS TIP LINE (anonymous) 1-800-CRACKIT	
PARKING AND TRAFFIC PROBLEMS (DPT)	563-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	695-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	554-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	554-2300
VVMS ANONYMOUS HOTLINE	281-8406

CERAMICS CLASS
Visitacion Valley Community Center Senior Program Adult Class, Beginners thru Advanced with Instructor Mary Margaret Baldwin in VVCC Art Room, 50 Raymond Ave. Thursdays from 9 a.m. to 4 p.m. (Drop in Anytime) Everyone Welcomed Call Pat at 467-4499 for more information Join the Fun! It's Great Therapy!

Butterfly Garden at Guadalupe School



Fifth-grade students at Guadalupe School planted butterfly-attracting plants, read poetry and displayed garden art at their new butterfly garden.

A special garden designed for butterflies was dedicated May 31 at Guadalupe School on Prague Street. The garden is one of four new butterfly gardens sponsored by the Coevolution Institute's Butterfly Discovery Park, serving as outdoor classrooms for students and teachers.

"Given the concrete landscape that is in their neighborhood, Guadalupe students rarely get a chance to dig in the dirt, smell flowers or watch butterflies," said Erika Lea, a teacher at

Guadalupe Elementary. "The Butterfly Discovery Park has given Guadalupe a green spot that kids will cherish as a rare and unusual treat."

The Coevolution Institute is a San Francisco-based environmental education organization that promotes environmental awareness in San Francisco and continent-wide. It provides free education and gardening programs for thousands of San Francisco school children, families and seniors.

Will America Go High Tech on the High Seas?

by James K. Glassman

Does the government have something to learn from drug smugglers about balancing risks and benefits?

The thought struck me after reading two contrasting recent reports on the U.S. Coast Guard.

In the first, the Coast Guard reported making the biggest maritime drug seizure in U.S. history. Crewmen from the 210-foot cutter Active had boarded a Belize-flagged trawler in the Pacific.

A thorough search turned up 26,800 pounds of cocaine, worth a half billion dollars. The trawler's two Russian and 10 Ukrainian crew members face 10 years in jail; the boat's owners, a \$4 million fine.

In the second, the General Accounting Office (GAO) tackled a plan that the Coast Guard calls Deepwater, an innovative way to acquire new equipment over the long term. In the past, the Coast Guard — the fifth branch of the military service, with responsibility for protecting 3.4 million

square miles of the nation's coastal waters — would simply buy new vessels and aircraft separately, in common defense-acquisition practice. But Deepwater has a better idea: It integrates systems to meet specific performance goals. Those goals require both ships and planes (and other equipment, too), working together.

To that end, the Coast Guard has sought designs and from three private-sector teams, each under a lead contractor. The design phase is almost complete, and the Coast Guard will award the winner a contract next year.

The cost: \$500 million a year for 20 years, pocket change by most government programs, and, coincidentally, the same amount as the cash value of the drugs seized by the Active.

Such integrative management is becoming common in the private sector. But the approach has raised concerns among GAO's auditors, who worry that having only one integrating contractor, rather than competing ones after contracts are awarded, might lead to cost overruns.

As a fiscal conservative, I don't want to see government playing high-stakes games with untested systems. But, on the other hand, I would like to see government take some practical steps towards innovation, technological improvement, and private-sector management techniques. And the Coast Guard's Deepwater program fits that bill. It seems just the right size for a new idea of this sort, and the risks are actually low.

For one thing, the cost of replacing ships and aircraft on a one-for-one basis is about \$500 million a year for 20 years, anyway. And there is no

doubt that this recapitalization is needed. An interagency task force in 1999 reviewed the Coast Guard's burgeoning missions, and its fast-obsolescing fleet and said replacing old assets was a near-term national priority. From a technology standpoint, today's Coast Guard more resembles Horatio Hornblower than James Bond.

Capt. Richard Kelly, the Coast Guard's chief of requirements for Deepwater, has said his agency's ships "are basically blind, deaf and dumb." They still depend mostly on lookouts, rather than sophisticated sensing devices, to spot crash victims or refugees. And with an average age of 36 years, they are slower than most of the drug boats they are charged to interdict. The Coast Guard's aircraft are similarly relics of the past.

Age factors last August forced Congress to provide a \$77 million supplemental appropriation to keep Coast Guard equipment running. And, still, the agency had to cut back on missions to save wear and tear both on equipment and its crew members.

Another factor favoring taking the plunge on Deepwater is that the Coast Guard has demonstrated a can-do spirit in the face of a cutback of 4,000 personnel during the Clinton years.

It is one of only three federal agencies in the last three years to earn an overall "A" grade from the Federal Performance Project of George Washington University's School of Public Administration.

Also, the GAO has given the Coast Guard high marks for its management of the design stage and of near-term risks so far. In private business, success like this earns both rewards and new responsibilities.

Finally, and perhaps most important, the Bush administration wisely wants all federal agencies to begin implementing performance-based budgeting for their contracts. The purpose is the same as that in private business: to tie such spending to achieving specific goals.

The innovations in procurement pioneered by Deepwater could be applied to other government operations, particularly the Pentagon's moribund and costly acquisition programs.

All of these factors make Deepwater compelling. Success could lead to a new model for procuring much more expensive systems in the future, save taxpayers tens of billions of dollars, and even raising the risks for drug smuggling.

Congress would be wise to set aside the anachronistic concerns of the GAO and fully fund Deepwater the way the Coast Guard designed it.

James K. Glassman is host of Tech Central Station.com and a resident fellow at the American Enterprise Institute

Seven Fresh Ways to Transform a Room in Your House for Less than \$100

(ARA) Now is the time to throw out those wilting, brown plants you've been harboring all winter hoping they would regain consciousness, those pea green bathroom accessories that were purchased at the thrift store for \$.99 — for the complete set, and that out-of-date Nagel print that no one has laid eyes on without wincing. Your home doesn't have to look like Martha Stewart gone awry any longer. Though it's difficult to renovate your home with the all the necessary furnishings and accessories without mortgaging an arm and a leg, you can make small, inexpensive changes that can make a dramatic difference. Below are 7 ways that allow you to decorate your home, the way you want, without getting a second job to pay for it.

1. Dim your lights. Believe it or not, just changing where light shines into a room can transform the entire place. Most people don't pay attention to the lighting in their home,

and opt to use the fixtures that came with it. But rather than using overhead lighting, you may want to place lamps intermittently throughout your home.

Throwing light from the side, rather than from above, will cast a cozy and homey feel. The warmest looks can be achieved with paper lamps, which diffuse and soften the light, and provide more atmosphere in your room. Minnesota-based Target, a general merchandise retailer, carries a wide variety of lamps for less than \$20.

2. Paint your walls. The newest colors for this season are greens and terra cotta, according to color expert and designer Jean Van Wie of Home Depot Minneapolis, Minn. "Greens are the new neutral. Greens that are grayed, neutralized and earthy are being used quite a bit. And, I'm seeing a lot of terra cotta shades — not the blue-reds,

but russet-reds especially in the kitchen."

You're not limited to just brushing paint on the walls either — Home Depot offers free training on techniques for decorative painting, such as stenciling and sponge painting. "Decorative paint techniques are a great way to add color and texture," adds Van Wie

Home Depot, www.homedepot.com, carries some of the largest manufacturers of interior paint, such as Behr, Glidden and Ralph Lauren, at prices you can afford (starting at under \$10 a gallon, up to \$26 a gallon). Of course, no one says you must follow the color experts. If green is not your favorite color, try something new. Try to stay away from plain white, however, which can make rooms feel stark.

3. Rejuvenate your bathroom. A place where we probably spend too much time is the bathroom. Walking into some bathrooms is like walking into a bad thrift store — nothing matches, there are usually three different patterns, and toiletries are everywhere. You can take control of your bathroom by replacing small accessories, such as toothbrush holders, cups and lotion dispensers in the same design.

Bed, Bath and Beyond, a national retailer specializing in domestic merchandise and home furnishings, has a variety of bath accessories that come in matching pieces for those decorating impaired. All ensembles include a toothbrush holder, soap dish, tumbler, lotion dispenser, wastebasket, tissue covering, and in some cases, jars to hold cotton balls and cotton swabs. Prices start at \$5.99 for solids and \$12.99 for prints. And if you're feeling especially adventurous, they carry shower curtains to match all bath ensembles starting at just \$14.99.

4. Decorate with wall murals. Rather than wallpaper, why not try a wall mural? Walls murals are easier and take a significantly shorter time to put up than wallpaper. Environmental Graphics, a Hopkins, Minn.-based company, carries a wide range of designs from outdoor nature scenes to outer space, which retail for \$59 to \$89. Their murals have been used on the sets of numerous major motion pictures such as "Space Cowboys," "Clear and Present Danger," and "Thirteen Days."

No matter what your room color or design, Environmental Graphics has a coordinating mural. And they're perfect for nurseries and children's rooms. The Storybook Hollow motif,

which looks like something out of Winnie the Pooh's Hundred-Acre-Wood, is great for children whose imaginations never seem to take a break. Or, if you're a map enthusiast, the World Map is one of their most popular sellers, which details an accurate world map in a 8'8"x13'0" mural.

Murals come with a non-toxic, environmentally safe, biodegradable starch paste that is safe enough to eat. All you need is a smoothing brush, bucket, sponge, a little elbow grease and two to three hours of your time. Visit your local Home Depot or Sherwin Williams to purchase murals, or go to Environmental Graphics' Web site at www.egproducts.com to view the wide variety of murals available. For a free brochure of their available designs, call 1-888-205-3441.

5. Hang prints or mirrors. Nothing opens up a room like mirrors. This is perfect for renters to make a small hallway or living room appear larger. Place an unusual mirror at the end of a short hallway to elongate it, or place a few thrift store finds in a small room to make it appear larger.

Prints and pictures are also a great idea to make your home feel like your haven. You can hang photographs of friends and family in small groups along your wall to make one large collage, or you can hang large, prominent pieces throughout your house and mix it up with smaller frames. If you're tired of banging nails into the walls to hang your frames,

Getting Air from Water to Breathe in Space

(NAPS) Many people may soon be able to breathe a little easier, now that scientists are tackling the problem of creating air where there isn't any.

They're doing this to ensure the safety of the crew aboard the International Space Station (ISS), but their methods could some day save lives and improve the economy here on Earth.

"The primary source of oxygen will be water electrolysis, followed by O2 in a pressurized storage tank," explained Jay Perry, an aerospace engineer at NASA's Marshall Space Flight Center working on the Environmental Control and Life Support Systems (ECLSS) project.

Most of the station's oxygen will come from a process which uses electricity from the ISS solar panels to split water into hydrogen gas and oxygen gas.

Each molecule of water contains two hydrogen atoms and one oxygen atom. Running a current through water causes these atoms to separate and recombine as gaseous hydrogen (H2) and oxygen (O2).

The oxygen that people breathe on Earth also comes from the splitting of

San Francisco Health Plan to Fund Universal Health Insurance for Low Income Children

Mayor Willie Brown announced on May 31 he will fund universal health insurance for all low-income San Francisco children through San Francisco Health Plan. The "San Francisco Cares for Kids" program could begin as early as January 1, 2002, providing full medical, prescription, vision and dental care to an estimated 5,000 low-income children.

The City and County of San Francisco formed San Francisco Health Plan, licensed as an HMO, in 1996 for the sole purpose of providing high quality health insurance to low-income San Francisco residents.

"We at San Francisco Health Plan are extraordinarily proud to have been selected by the Mayor to provide health insurance to all low-income San Francisco children," said Jean S. Fraser, CEO. "Thousands of parents in San Francisco are forced on a monthly basis to chose between their children's medical care or paying their rent. Once the San Francisco Cares for Kids program begins, these parents can do both."

The comprehensive nature of the coverage is particularly encouraging to the City's pediatric community. "I am very pleased that the Mayor has agreed to include vision and dental coverage," says Karen Smith, MD, Pediatrician and Medical Director for San Francisco Health Plan. "While a really sick kid can get medical care in San Francisco, finding dental or vision care for low-income children is much harder. I've seen so many children whose minor dental or vision problems have become huge problems because they have been left untreated."

The San Francisco Cares for Kids

Pottery Barn (888-779-5176) sells shelves starting at \$19, as well as unique frames (starting at \$8), to lean your pictures against for an uncommon display idea.

Since a mirror or frame can be a focal point in the room, try to make it as individual

as you. You can find an assortment of unusual mirrors at Medina Imports (www.medinainports.com), an online mail order company specializing in Moroccan designs, for as little as \$35.

6. Buy some plants. Nothing says home like green plants. If you don't have a green thumb, try a low maintenance plant like a philodendron or pothos. They don't require much light or care, and thrive well indoors. Buy several tall palm varieties to place next to chairs and windows to bring the outdoors inside. Smaller plants look great on tables, shelves, and windowsills. Adding a hanging basket with cascading leaves will add a dramatic flair in large entryways.

You can purchase plants at your local garden center, as well as receive free expert gardening tips. Or visit www.planetgarden.com) for ideas, tips and care for your plants.

7. Move your furniture around. For those that are really on a shoestring budget, rearranging your current furniture in a completely different way will make it seem as if you've walked into a brand new home. This requires no money, and only a little bit of creativity and work on your part.

water, but it's not a mechanical process. Plants split water molecules as part of photosynthesis—the process that converts sunlight, carbon dioxide and water into sugars for food. The hydrogen is used for making sugars, and the oxygen is released into the atmosphere.

"Eventually, it would be great if we could use plants to [produce oxygen] for us," said Monsi Roman, chief microbiologist for the ECLSS project at MSFC. "The byproduct of plants doing this for us is food."

However, "the chemical-mechanical systems are much more compact, less labor intensive, and more reliable than a plant-based system," Perry noted. "A plant-based life support system design is presently at the basic research and demonstration stage of maturity and there are a myriad of challenges that must be overcome to make it viable."

What scientists learn about making air in space may someday help people on Earth. You can learn more about the space station and what it may mean to you online at <http://spaceflight.nasa.gov>.

program will provide health insurance to all uninsured children in San Francisco with family income up to 300 percent of the federal poverty level. Other eligibility requirements are that children be under age 19, residents of San Francisco, and not eligible for other state-financed programs.

A very important component of the San Francisco Cares for Kids program is that children do not need to be legal citizens to enroll. "Every child, whether documented or not, deserves health care," said Mayor Brown. "We created this program to break down the fears of the immigrant community that if they get health care for their kids, they will be deported. We are now declaring, once and for all, that San Francisco is the City that cares for its kids."

Dr. Mitchell H. Katz, the City's Director of Health, and Chair of San Francisco Health Plan's Board, concurred. "If there is one message I hope this program conveys, it is that every San Francisco child can get medical care without any immigration consequences at all."

San Francisco Health Plan encourages parents of children without insurance to call San Francisco Health Plan now for assistance. Children who qualify for existing programs will be signed up immediately or placed on a waiting list for the San Francisco Cares for Kids program as soon as it opens for enrollment.

Funding for the San Francisco Cares for Kids program, which is expected to cost \$6 million annually, will come from the City and County of San Francisco. Additional funds are being sought from other sources, including local corporations and foundations, for outreach activities.